

## **Prayer Guide**

Dear brothers and sisters,

This is a prayer guide for our daily meeting with Jesus in this marathon.

Let-s open our hearts to God, let-s have an intimate dialogue with Him , using our own words and knowing that He is hearing us .

## **Prayer to the Holy Spirit by St. Augustine of Hippo**

Breathe in me, O Holy Spirit,  
that my thoughts may all be holy.  
Act in me, O Holy Spirit,  
that my work, too, may be holy.  
Draw my heart, O Holy Spirit,  
that I love but what is holy.  
Strengthen me, O Holy Spirit,  
to defend all that is holy.  
Guard me, then, O Holy Spirit,  
that I always may be holy. Amen

## **Psalm 11**

### **Song of Trust in God**

**To the leader. Of David.**

<sup>1</sup> In the LORD I take refuge; how can you say to me,  
“Flee like a bird to the mountains;”<sup>[a]</sup>

<sup>2</sup> for look, the wicked bend the bow,  
they have fitted their arrow to the string,  
to shoot in the dark at the upright in heart.

<sup>3</sup> If the foundations are destroyed,  
what can the righteous do?”

<sup>4</sup> The LORD is in his holy temple;  
the LORD's throne is in heaven.  
His eyes behold, his gaze examines humankind.  
<sup>5</sup> The LORD tests the righteous and the wicked,  
and his soul hates the lover of violence.  
<sup>6</sup> On the wicked he will rain coals of fire and sulfur;  
a scorching wind shall be the portion of their cup.  
<sup>7</sup> For the LORD is righteous;  
he loves righteous deeds;  
the upright shall behold his face.

## Psalm 91

### Assurance of God's Protection

<sup>1</sup> You who live in the shelter of the Most High,  
who abide in the shadow of the Almighty,<sup>[a]</sup>  
<sup>2</sup> will say to the LORD, "My refuge and my fortress;  
my God, in whom I trust."  
<sup>3</sup> For he will deliver you from the snare of the fowler  
and from the deadly pestilence;  
<sup>4</sup> he will cover you with his pinions,  
and under his wings you will find refuge;  
his faithfulness is a shield and buckler.  
<sup>5</sup> You will not fear the terror of the night,  
or the arrow that flies by day,  
<sup>6</sup> or the pestilence that stalks in darkness,  
or the destruction that wastes at noonday.  
  
<sup>7</sup> A thousand may fall at your side,  
ten thousand at your right hand,  
but it will not come near you.  
<sup>8</sup> You will only look with your eyes  
and see the punishment of the wicked.  
  
<sup>9</sup> Because you have made the LORD your refuge,<sup>[b]</sup>  
the Most High your dwelling place,  
<sup>10</sup> no evil shall befall you,  
no scourge come near your tent.  
  
<sup>11</sup> For he will command his angels concerning you  
to guard you in all your ways.  
<sup>12</sup> On their hands they will bear you up,  
so that you will not dash your foot against a stone.

<sup>13</sup> You will tread on the lion and the adder,  
the young lion and the serpent you will trample under foot.

<sup>14</sup> Those who love me, I will deliver;  
I will protect those who know my name.

<sup>15</sup> When they call to me, I will answer them;  
I will be with them in trouble,  
I will rescue them and honor them.

<sup>16</sup> With long life I will satisfy them,  
and show them my salvation.

My prayer to you Lord ( to be customized )

God the Eternal Father,

Thank you for the gift of my life,

Thanks for all You have given me in these years ( ..... )

Thanks ' cause every day I can see Your presence in the people

I meet and all those close to me ( ..... )

And for the guidance given by your pastors , catechists and friends ( ... ) .

Forgive all the times I've been insensitive, superficial and selfish ,

You who sent Your only begotten Son to save us, let us be able

with our small actions to contribute to your plan of salvation and experience the joys of Heaven  
on this earth.

Watch our weaknesses ( ..... ) and help us to obtain the gifts that we can offer .

Oh Lord , the Creator of the universe who search our hearts and loves us with an immense love ,

Let us entrust To You faithfully our dreams and plans (....) ,

Guide us to Thy Holy Will ' ,

Source of true joy.

We ask Your Holy Blessing on our loved ones (...) and on the sick and suffering in body and  
spirit .

Let us be gentle witnesses of Your Love .

Thank you Lord !

Amen

# The Word of God

Matthew 14:22-36 New Revised Standard Version Catholic Edition  
(NRSVCE)

## Jesus Walks on the Water

<sup>22</sup> Immediately he made the disciples get into the boat and go on ahead to the other side, while he dismissed the crowds. <sup>23</sup> And after he had dismissed the crowds, he went up the mountain by himself to pray. When evening came, he was there alone, <sup>24</sup> but by this time the boat, battered by the waves, was far from the land,<sup>[a]</sup> for the wind was against them. <sup>25</sup> And early in the morning he came walking toward them on the sea. <sup>26</sup> But when the disciples saw him walking on the sea, they were terrified, saying, "It is a ghost!" And they cried out in fear. <sup>27</sup> But immediately Jesus spoke to them and said, "Take heart, it is I; do not be afraid."

<sup>28</sup> Peter answered him, "Lord, if it is you, command me to come to you on the water." <sup>29</sup> He said, "Come." So Peter got out of the boat, started walking on the water, and came toward Jesus.

<sup>30</sup> But when he noticed the strong wind,<sup>[b]</sup> he became frightened, and beginning to sink, he cried out, "Lord, save me!" <sup>31</sup> Jesus immediately reached out his hand and caught him, saying to him, "You of little faith, why did you doubt?" <sup>32</sup> When they got into the boat, the wind ceased. <sup>33</sup> And those in the boat worshiped him, saying, "Truly you are the Son of God."

Acts 18:9-17 New Revised Standard Version Catholic Edition (NRSVCE)

<sup>9</sup> One night the Lord said to Paul in a vision, "Do not be afraid, but speak and do not be silent; <sup>10</sup> for I am with you, and no one will lay a hand on you to harm you, for there are many in this city who are my people." <sup>11</sup> He stayed there a year and six months, teaching the word of God among them.

<sup>12</sup> But when Gallio was proconsul of Achaia, the Jews made a united attack on Paul and brought him before the tribunal. <sup>13</sup> They said, "This man is persuading people to worship God in ways that are contrary to the law." <sup>14</sup> Just as Paul was about to speak, Gallio said to the Jews, "If it were a matter of crime or serious villainy, I would be justified in accepting the complaint of you Jews; <sup>15</sup> but since it is a matter of questions about words and names and your own law, see to it yourselves; I do not wish to be a judge of these matters." <sup>16</sup> And he dismissed them from the tribunal. <sup>17</sup> Then all of them<sup>[a]</sup> seized Sosthenes, the official of the synagogue, and beat him in front of the tribunal. But Gallio paid no attention to any of these things.

*This is seen in the Acts of the Apostles (18:9-18), when the Lord says to Paul: “Do not be afraid. Go on speaking”.*

*“Fear”, the Pope explained, “is an attitude that harms us, weakens us, diminishes us, even paralyzes us”. It is such that “a person in fear does nothing, doesn’t know what to do: is fearful, frightened, focused on herself so that something harmful or bad won’t happen to her”. Thus, “fear leads to selfish egocentrism and it paralyzes us”. For this very reason, “Jesus says to Paul: ‘Do not be afraid. Go on speaking’”.*

*Indeed, fear “is not a Christian attitude”. But “it is an attitude, we can say, of an imprisoned soul, without freedom, which doesn’t have the freedom to look ahead, to create something, to do good”. Thus one who has fear keeps repeating: “No, there is this danger, there is that other one”, and so on. “It’s too bad, fear causes harm!”, Francis again noted.*

*Fear must, however, be “distinguished from the fear of God, which has nothing to do with it”. The fear of God, the Pontiff stated, “is holy, it is the fear of adoration before the Lord”, and therefore “fear of God is a virtue”. Indeed, “it does not diminish, it does not weaken, it does not paralyze”; but on the contrary, “it carries forth the mission that the Lord gives”. In this regard, the Pontiff added: “The Lord, in Chapter 18 of the Gospel according to Luke, speaks of a judge who neither feared God nor had regard for anyone, and did whatever he wanted”. This “is a sin: a lack of fear of God and also self-sufficiency”. For “it detracts from the relationship with God as well as from adoration”.*

*However, Francis said, “the fear of God, which is good, is one thing; but fear is another thing”. Moreover, “a fearful Christian is insignificant: he is a person who doesn’t understand what Jesus’ message is”.*

*Pope Francis 15th May 2015*

## **Entrustment to Mary**

Mary,

Mother of Jesus and our Mother, you who have lived on earth the joys and sorrows with our Savior, You who know our dreams and desires if they conform to the will' of the Father intercede for us.

We ask you to free us from every weight that slows us down our run to Jesus.

We entrust our desires (...), and especially our hearts.

## **Rejoice Mother Mary !!!**

Rejoice, O Glory of the universe.  
Rejoice, O Temple of the Lord.  
Rejoice, O Mountain overshadowed by the Holy Ghost.  
Rejoice, O Refuge of all.  
Rejoice, O Golden Candelabrum.  
Rejoice, O Honorable Glory of all Christians.  
Rejoice, O Mary, Mother of Christ God.  
Rejoice, O Paradise.  
Rejoice, O Divine Altar.  
Rejoice, O Cloud.  
Rejoice, O Golden Urn.  
Rejoice, O Hope of All.

All Holy, most blessed and glorious Mary, Mother of God and our Mother! We come to you today. We turn ourselves to you and petition you. Hear us! We believe and acknowledge that you are the wondrous Guardian of all persecuted and unfortunate. That is why we place our hope in you. More than once have you showed us your kindness. Please show us once again.

Open the most sweetest Heart of your Son and our God. Intercede for forgiveness of our sins.

Mother most good, cover our Church . Help our brothers in the world in their suffering. Give them strength in their fight with their atheist enemies, be consoling and unfailingly firm in their harassment and shield them in their misery.

Be for them and us All-Merciful Guardian and let us praise you openly and freely together with them, Oh Virgin, among all virgins, and your Son, our God, Jesus. Let there be glory, honor and adoration now, always, and forever. Amen.

Chaplet of Divine Mercy

Rosary

God Bless You !!!